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FOR IMMEDIATE RELEASE

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Arlington Youth Counseling Center awarded \$100,000 grant from Cummings Foundation

Arlington Youth Counseling Center (AYCC) is one of 100 local nonprofits to receive grants of \$100,000 each through Cummings Foundation's "\$100K for 100" program. AYCC was chosen from a total of 574 applicants during a competitive review process.

AYCC is a community-based mental health center serving youth (ages 3-21) and their families, and is the leading provider of outpatient and school-based child and adolescent mental health services in Arlington. It is also one of the only providers in the area that accepts youth with public health insurance.

Representing AYCC at a reception at TradeCenter 128 in Woburn, AYCC's executive director, Colleen Leger and AYCC's Clinical Nurse Specialist, Kathleen Carey joined approximately 300 other guests to celebrate the \$10 million infusion into Greater Boston's nonprofit sector. With the conclusion of this grant cycle, Cummings Foundation has now awarded more than \$260 million to Greater Boston nonprofits alone.

"AYCC is thrilled to be awarded a Cummings "\$100K for 100" grant for a second time," said Ms. Leger. "We are incredibly grateful to the Cummings Foundation for continuing to support our work and for recognizing the importance of affordable and accessible mental health services for youth." Over the next three years, funding from the Cummings Foundation will be used to increase access to needed psychiatric evaluation, consultation, and medication treatment among children and teens in Arlington, ensuring all Arlington families have equitable access to these services within the community.

The \$100K for 100 program supports nonprofits that are based in and primarily serve Middlesex, Essex, and Suffolk counties. Through this place-based initiative, Cummings Foundation aims to give back in the area where it owns commercial buildings, all of which are managed, at no cost to the Foundation, by its affiliate Cummings Properties. Founded in 1970 by Bill Cummings, the Woburn-based commercial real estate firm leases and manages 10 million square feet of space, the majority of which exclusively benefits the Foundation.

"By having such a local focus, we aim to make a meaningful positive difference in the communities where our colleagues and leasing clients live and work," said Joes Swets, Cummings Foundation's executive director. "We are most grateful for the nonprofit organizations that assist and empower our neighbors, and we are proud to support their efforts."

This year's diverse group of grant recipient represents a wide variety of causes, including homelessness prevention, affordable housing, education, violence prevention, and food insecurity. Most of the grants will

be paid over two to five years. The complete list of 100 grant winners is available at www.CummingsFoundation.org. Cummings Foundation announced an additional \$15 million in early May through its Sustaining Grants program. Through these awards, 50 local nonprofits will receive ongoing funding of \$20,000-\$50,000 for ten years.

The history behind Cummings Properties and Cummings Foundation is detailed in Bill Cummings' self-written memoir, "Starting Small and Making it Big: An Entrepreneur's Journey to Billion-Dollar Philanthropist." It is available on Amazon or cummings.com/book.

About AYCC

AYCC provides comprehensive, high quality, and accessible mental health services to youth and families in the community, regardless of their ability to pay. AYCC provides thousands of dollars of free and reduced-fee care to families who are uninsured, under-insured, or who otherwise cannot afford the cost of ongoing treatment. In addition to individual, group, and family counseling, psychiatric evaluation, and medication treatment, AYCC runs groups for victims and survivors of domestic violence, and offers community resource support to Arlington residents in need of food, stable housing, and emergency assistance. AYCC relies heavily on grants, fundraising initiatives, and community donations to support its mission. For more information, please visit AYCC's website at www.ayccma.org.

About Cummings Foundation

Woburn-based Cummings Foundation, Inc. was established in 1986 by Joyce and Bill Cummings. The Foundation directly operates its own charitable subsidiaries, including New Horizons retirement communities in Marlborough and Woburn. Its largest single commitment to date has been to Cummings School of Veterinary Medicine at Tufts University. Additional information is available at www.cummingsFoundation.org

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